

တၢ်အိၣ်ခိး COVID-19 တၢ်မၤကွၢ်အစၢသ့ၣ်တဖၣ်ဧါ.

တၢ်အံၤန့ၣ်တၢ်တၢ်အိၣ်ခိးတၢ်မၤကွၢ် COVID-19 အဂီၢ်န့ၣ်လီၤ. တၢ်မၤကွၢ်န့ၣ်အကယံၣ်ဝဲဒၣ်စ့ၤသီ တချုးန့ၣ်မၤန့ၣ်ကဒါက့ၤ တၢ်အစၢသ့ၣ်တဖၣ်န့ၣ်လီၤ. နကသံၣ်သရၣ်ကဒုးသ့ၣ်ညါန့ၣ်လၢနတၢ်မၤကွၢ်အစၢန့ၣ်လီၤ. တၢ်အိၣ်ခိးအိၣ်ခိးချဲၤကျိၤကဆဲးကျိးဆိန့ၣ် ယုၣ်ဒီးတၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖး မ့တမ့ၢ် ကသံၣ်ကွၢ်န့ၣ်ဘၣ်ယးပုၤလၢနအိၣ်ခိးသ့ၣ်တဖၣ်န့ၣ်လီၤ.

ဖဲန့ၣ်အိၣ်ခိးတၢ်အကတီၢ်တၢ်လၢနကဘၣ်မၤအိၣ်ခိးသ့ၣ်တဖၣ်-

- နမ့ၢ်တၢ်ဘၣ်လၢနအိၣ်ခိးတၢ်ဆါအပနီၣ်သ့ၣ်တဖၣ်, မ့တမ့ၢ် နမ့ၢ်ဘၣ်တၢ်ဟံၣ်လီၤဆိန့ၣ်န့ၣ်မ့ၢ်လၢတၢ်လဲၤတၢ်က့ၤ မ့တမ့ၢ် နအိၣ်ခိးလိာ်သးဒီးပုၤတဂၤလၢ အအိၣ်ခိး COVID-19 အလိာ်ဒီး-
 - အိၣ်ခိးဟံၣ်န့ၣ်တက့ၢ်. တဘၣ်လဲၤဆူက့ၢ်, တၢ်မၤ မ့တမ့ၢ် ပုၤကမျၢၢ်အါဂၤအတၢ်လီၤအဂၤ တတိၤတိၤတဂ့ၤ. တသ့ဖဲအသ့အိၣ်ခိးယံၤဒီးပုၤဂၤဒီး ဆၣ်ဖိကီၢ်ဖိဖဲန့ၣ်ဟံၣ်သ့ၣ်တဖၣ်န့ၣ်တက့ၢ်.
- နမ့ၢ်လိာ်ထံၣ်လိာ်သးဒီးကသံၣ်သရၣ်ဒီး, ဆဲးကျိးဆိအဝဲသ့ၣ်ဒီးတဲဘၣ်အဝဲသ့ၣ်လၢနဘၣ်တၢ်မၤကွၢ်တုၢ်န့ၣ်လၢ COVID-19 အဂီၢ်ဒီးနအိၣ်ခိးတၢ်အစၢ သ့ၣ်တဖၣ်တက့ၢ်.
- ဆဲးစူးကါတၢ်ဒီးသဒါအပတီၢ်သ့ၣ်တဖၣ်-
 - နဟးဆဲးတၢ်အိၣ်ခိးလိာ်သးဒီးပုၤဂၤဒီး ဆၣ်ဖိကီၢ်ဖိသ့ၣ်တဖၣ် မ့ၢ်တသ့ဘၣ်န့ၣ် ဖျီၣ်ထီၣ်တၢ်ကးဘၢမဲၣ်သ့ၣ်တက့ၢ်.
 - သ့န့ၣ်အစၢကတၢ်အစဲးကးၤၤဝဲအံၤန့ၣ်တက့ၢ်. ထံၣ်ဒီးဆးပုၤမ့ၢ်တအိၣ်ခိးဘၣ်န့ၣ် စူးကါ ကသံၣ်ထံၣ်မၤကဆိစု လၢအပၣ်ယုၣ်ဒီး အဲၣ်လကီၢ်ဟံၣ်(လ)သံးအစီန့ၣ်တက့ၢ်.
 - ကးဘၢနတၢ်က့ၤဒီးတၢ်ကဆဲးသ့ၣ်တဖၣ်ဒီးနဆူကၤစုန့ၣ် မ့တမ့ၢ် ထံးဂျူတသ့ၣ်တဖၣ်ဝံၤဒီး တၢ်ကွၢ်ထံးဂျူလၢတၢ်ကမ့ၢ်ဒါအပူၤတက့ၢ်.
 - ဟးဆဲးတၢ်ဖိၣ်လီၤနမဲၣ်ချ့, နါဒု ဒီးကီၢ်ပူၤတဖၣ်န့ၣ်တက့ၢ်.မၤကဆဲးကဆိဒီးသ့ၣ်ကွၢ်တၢ်မဲၣ်ဖဲဒီးတၢ်ဖိတၢ်လံၤသ့ၣ်တဖၣ်လၢဘၣ်တၢ်ထိးဘၣ်တုၢ်အိၣ်ခိးမၤသံတၢ်ဆါယံၤမဲၣ်အံၤန့ၣ်တက့ၢ်.

နတၢ်မၤကွၢ်အစၢသ့ၣ်တဖၣ်န့ၣ် မ့ၢ်တအိၣ်ခိးဆါယံၤဘၣ်, ဒီး

- နဘၣ်တၢ်ဟံၣ်လီၤဆိန့ၣ်န့ၣ်မ့ၢ်လၢတၢ်လဲၤတၢ်က့ၤ မ့တမ့ၢ် နအိၣ်ခိးလိာ်သးဒီးပုၤတဂၤလၢအအိၣ်ခိးCOVID-19, ဒီး
 - နဘၣ်တၢ်မၤကွၢ်တုၢ်န့ၣ် ၇ သီတသီ ဖဲနဘၣ်တၢ်ဟံၣ်လီၤဆိန့ၣ်န့ၣ်အကတီၢ် မ့တမ့ၢ် တၢ်ဟံၣ်လီၤဆိန့ၣ်န့ၣ်အကတီၢ်, ဒီးနတအိၣ်ခိးတၢ်ဆါအပနီၣ် နီတခါဘၣ်န့ၣ်, နပတုၢ်တၢ်အိၣ်ခိးလိာ်သးဒီးပုၤဂၤသ့ၣ်န့ၣ်လီၤ. မ့တမ့ၢ်
 - နဘၣ်တၢ်မၤကွၢ်တုၢ်န့ၣ်တချုးတုၢ် ၇ သီ, အိၣ်ခိးဒၣ်တၢ်ဟံၣ်လီၤဆိန့ၣ်န့ၣ်အကတီၢ်လၢအအိၣ်ခိးလိာ်ဝဲ ၁၄ သီတက့ၢ်. ဘၣ်ဆၣ်သန့က့ၤ. နတၢ်ဆါအပနီၣ်မ့ၢ်တအိၣ်ခိးဘၣ်န့ၣ်, နကိးနကသံၣ်သရၣ်ဒီးသီးကရဲၣ်ကျိၤန့ၣ်န့ၣ်တၢ်မၤကွၢ်ဖဲ ၇ သီတသီ မ့တမ့ၢ် ၇သီဝံၤအလီၤခံသ့ၣ်န့ၣ်လီၤ.

မ့တမ့ၢ်

- နမ့ၢ်တဘၣ်တၢ်ဟံၣ်လီၤဆိန့ၣ်န့ၣ်ဘၣ်န့ၣ်-
 - ဆဲးမၤတၢ်ဒီးသဒါအတၢ်မၤသ့ၣ်တဖၣ် ဒ်အမ့ၢ် တၢ်သီးတၢ်ကးဘၢမဲၣ်, တၢ်သ့စုဒီးအိၣ်ခိးစီၤစုၣ်လိာ်သးဒီးပုၤဂၤသ့ၣ်တဖၣ်တက့ၢ်.
 - နမ့ၢ်ဆိးက့ၤဒီး တၢ်ဆါလၢ တမ့ၢ် COVID-19 ဘၣ်န့ၣ်, အိၣ်ခိးဟံၣ်တုၢ်တၢ်ဆါအပနီၣ်သ့ၣ်တဖၣ်လိာ်မၤကွၢ်မဲၣ်လၢန့ၣ်တက့ၢ်.

နတၢ်မၤကွၢ်အစၢသ့ၣ်တဖၣ် မ့ၢ်အိၣ်ခိးတၢ်ဆါယံၤန့ၣ်-

- နကသံၣ်သရၣ်ကကတိၤတၢ်ဒီးနဘၣ်ယး တၢ်အံးထွဲကွၢ်ထွဲန့ၣ် ဒီးတၢ်ကူၤယါၤဘျါတၢ်ဆါအပနီၣ် တခါဂ့ၤတခါဂ့ၤန့ၣ်လီၤ.
- တၢ်အိၣ်ခိးအိၣ်ခိးချဲၤကျိၤကဆဲးကျိးန့ၣ်ဒီးကဒုးသ့ၣ်ညါန့ၣ်တၢ်ဆါအပနီၣ်လၢနစးထီၣ်မၤကဒါက့ၤ နတၢ်ဟူးတၢ်ဂဲၤညါန့ၣ်သ့ၣ်တဖၣ်သ့ၣ်အခါမဲၣ်လဲၣ် န့ၣ်လီၤ. အဝဲသ့ၣ် ကကတိၤသကိးတၢ်ဒီးနဘၣ်ယး ပုၤလၢနအိၣ်ခိးလိာ်သးတဖၣ်န့ၣ်လီၤ.

နမၤန့ၣ်အါထီၣ် တၢ်ဂ့ၢ်တၢ်ကျိၤအဂၤသ့ၣ်တဖၣ်သ့ၣ်ပပုၤယဲၤသန့ www.healthvermont.gov/COVID-19 န့ၣ်လီၤ.

Waiting for test results for COVID-19?

Today you gave a specimen that will be tested for COVID-19. It may take a few days for the results back. Your medical provider will notify you of your test result. The Health Department may reach out first with recommendations or to ask questions about your close contacts.

Things to do while you wait:

- If you are experiencing symptoms, or if you are in [quarantine](#) due to travel or close contact with someone confirmed to have COVID-19:
 - Stay at home. Do not go to school, work or any other public place. Separate yourself from people and pets in your home, as much as possible.
- If you need to see a health care provider, call them first and tell them that you were tested for COVID-19 and are waiting for results.
- Continue taking preventive steps:
 - Wear a mask if you cannot avoid close contact with other people and pets.
 - Wash your hands often for at least 20 seconds. Use an alcohol-based hand sanitizer, if soap and water aren't available.
 - Cover your coughs and sneezes with your sleeve or a tissue, then throw the tissue in the trash.
 - Avoid touching your eyes, nose and mouth.
 - Routinely clean and disinfect frequently touched surfaces and objects.

If test results are negative, and

- **you are in quarantine** due to travel or close contact with a person with COVID-19, and
 - **you were tested on day 7** of quarantine or after, and you don't have any symptoms, you may end quarantine. Or,
 - **you were tested before day 7**, remain in quarantine for the remainder of the 14 days. However, if you don't have any symptoms, you can call your provider to arrange for testing on or after day 7.

OR

- **you are not in quarantine:**
 - continue taking preventive actions like wearing a mask, hand washing and social distancing.
 - if you are sick with an illness other than COVID-19, stay home until symptoms end.

If test results are positive,

- your health care provider will talk with you about your care and treatment of any symptoms.
- the Health Department will contact you and let you know when you can resume regular activities. They will also talk to you about your close contacts.

More information is available on our website: www.healthvermont.gov/COVID-19